

Purification Through The Lens of *Dhauti*

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Abstract: According to yogis, one can know the pure knowledge of yoga only when he / she goes step by step. At first, one has to stand up; then he can run. Similarly, after knowing the proper technique of yoga, one can attain the reality of the ultimate knowledge. The human body is like an unbaked clay pot that may melt in water at any time, so it should be tempered in the fire of yoga. There are seven phases by which one can temper his own body. They are like- 1. *Śodhana* (purification), 2. *Dr̥ḍhatā* (strength), 3. *Sthairya* (steadiness), 4. *Dhairya* (composure), 5. *Lāghava* (lightness), 6. *Pratyakṣa* (realization), 7. *Nirliptā* (isolation). Now the great sages also mention the things which helps to complete this seven phases. They are like-

1. *Ṣaṭkarmaṇā* {By this we can easily purify our inner parts of the body. It does the work of *Śodhana*.}
2. *Āsana* {It helps to strengthen our whole body. So it does the work of *Dr̥ḍhatā*.}
3. *Mudrā* {It helps to increase our both physical and mental steadiness. So it does the work of *Sthairya*.}
4. *Pratyāhāra* {To achieve the success we must need calmness and it helps to attain this. It does the work of *Dhairya*.}
5. *Prāṇāyāma* {It is very much important for lightness of our body. It does the work of *Lāghava*.}
6. *Dhyāna* {By it we can realized our self very firmly. It does the work of *Pratyakṣa*.}
7. *Samādhi* {It leads us towards the ultimate goal which is isolation. It does the work of *Nirliptā*.}

In this paper we like to discuss about the first phase of *ṣaṭkarm* which is called *Dhauti*. This is the process by which one can purify there body (*Śodhana*). According to this name we can understand that there are total six *ṣaṭkarms* and they are like- *dhauti*, *basti*, *neti*, *laulikī*, *trāṭaka* and *kapālabhāti*.

धौतिर्वस्तिस्तथा नेतिः लौलिकी त्राटकं तथा।
कपालभातिश्चैतानि षट्कर्माणि समाचरेत्।¹ (Gh.S. 12.)

(“Performing the *ṣaṭkarms*: *dhauti*, *basti*, *neti*, *laulikī*, *trāṭaka* and *kapālabhāti* is essential.”)

Key words: *Antardhauti*, *danta-dhauti*, *hṛddhauti* and *mūlaśodhana*.

1. *Dhauti*

There are four types of *dhauti* in some ancient texts. It's called four-fold *dhauti* according to those texts, and it deeply removes bodily impurities. Those four – fold *dhauti* are like- *antardhauti*, *danta-dhauti*, *hṛddhauti* and *mūlaśodhana*.

अन्तधौतिर्दन्तधौतिर्हृद्धधौतिर्मूलशोधनम्।
धौतिं चतुर्विधां कृत्वा घटं कुर्वन्ति निर्मलम्॥² (Gh.S. 13.)

(“Antardhauti, danta-dhauti, hrddhauti and mūlaśodhana are the four types of dhauti which keep the body clean and healthy.”)

(i) Antardhauti

This dhauti also helps to purify our body. It has also four parts. They are like- vātasāra, vārisāra, vahnisāra, bahiṣkṛta.

(A)Vātasāra

To perform this one's lips must be do like the beak of a crow and slowly try to drink air. It improves our alimentary canal and reduces the gastric acidity. It is considered highly secret and it helps to destroy all diseases of human body.

वातसारं परं गोप्यं देह निर्मलकारकम्।
सर्व रोगक्षयकरं देहानलविवर्द्धकम्॥³ (Gh.S. 16.)

(“Vātasāra is a very secret technique for purifying the body. It destroys all diseases and activates the gastric fire, which helps to digest food.”)

(B)Vārisāra

It is the process to cleaning alimentary canal by water. To perform this one should drink water up to the throat slowly. The water must be little bit warm and added with some salt. After taking water one should do some body stretching and release the water.

(C)Vahnisara

This posture helps to increase the gastric heat of human body. One should push the navel against the spine hundred times to perform this antardhauti. It also helps to improve digestive capacity.

(D)Bahiṣkṛta

One's mouth should be in the form of kākī mudrā to perform this dhauti. Then one should suck fresh air and hold for half an hour. At that time breathing must be going on slowly and try to release the air through down along the lower passage. It has another part, in this term one should standing in navel deep water and push the śaktinādi (rectum) and wash it with the hands until it became filth free. After this work again we should put it in proper place. It is very difficult to do and this practice is not so available.

काकीमुद्रां शोधयित्वा पूरयेदुदरं मरुत्।
धारयेदर्धयामं तु चालयेदधोवर्मना।
एषा धौतिः परा गोप्या न प्रकाश्या कदाचन॥⁴(G.h S. 21.)

(“Purse the lips like the break of a crow, take in air through the mouth, filling the abdomen. Retain the air for one and a half hours in the abdomen, then circulate it and expel it through the rectum. It is top secret and is called bahiṣkṛta dhauti.”)

(ii)Dantadhauti

By this dhauti we can wash our teeth, tongue etc. It has also four parts. Then are like- dantamūlaṃ, jihvāmūlaṃ, karṇarandhra (Both), kapālarandhra.

(A) Dantamūlaṃ

One should use khadira plant (acacia catechu) or fresh soil for rub his root of the teeth until impurity removed.

(B) Jihvāmūlaṃ

One should index, middle and ring fingers together into the throat and rub the root of the tongue slowly until it not clean. After that hold the tongue with an iron pincer and rub by new butter and press it again and again as one does for milking. With this two major work complete. One is tongue cleaning and the another is practice of khecarī mudrā is going on.

(C) Karṇarandhra

One should do this performance by inserting his tip of index finger into the auditory canal and rub it. We should perform it in both the ears using both the index fingers.

(D) Kapālarandhra

This practice should be done after up, from sleep, after meal, and at the end of the day. One should rub the bhālarandhra (the back side of the roof of the mouth) with the thumb of right hand. One should practice this posture daily for attain success.

(iii) Hṛddhauti

There are three types of hṛddhauti. They are like daṇḍa dhauti, vamaṇa dhauti, vāsa (vastra) dhauti.

(A) Daṇḍa dhauti

To perform this dhauti, three types of stalks may be used: plantain stalk, turmeric stalk and cane stalk. One should insert into his gullet any one of above stalk, move it there slowly and remove it.

(B) Vamaṇa dhauti

After taking a meal, one should drink water until the throat is full, look upwards for a while, and then vomit out the water. It helps to reduce bile base problems of our body.

(C) Vāsa (vastra) dhauti

One should take a fresh cloth that is four fingers in width and nineteen to twenty-five cubits in length. After that slowly swallow this cloth and then draw it out again. This posture has the power to protect us from different types of diseases.

(iv) Mūlasodhana

One should clean the rectum using a turmeric root or the middle finger. This area should be thoroughly washed repeatedly. It helps reduce constipation and other problems.

Conclusion

So, in conclusion, we may say that dhauti is an essential part of yogic life. A yogi who seeks a disciplined yogic life must undergo this dhauti process. One should keep in mind that the entire process requires consistent and proper daily practice. It also helps us to free from different types of diseases.

कासश्वासप्लीहकुष्ठं कफरोगाश्च विंशतिः।
धौतिकर्मप्रभावेन धावन्त्येव न संशयः॥⁵ (H.R. 1/39.)

("Practice of dhauti undoubtedly removes the diseases like cough, asthma, spleen {disorders}, skin diseases and all the twenty varieties of phlegmatic disorders.")

End Note:

GH.S.= Gheraṇḍa Saṃhitā.

H.R.= Haṭharatnāvalī.

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